



Integrative Grief Therapy Intensive Professional Mentorship Practicum

November 5--9, 2024 & March 3-7, 2025

San Miguel de Allende, Gto. Mexico

Dr. Lyn Prashant, FT, Somatic Thanatologist, Integrative Bereavement Specialist, CMT/ Degriefing Massage teacher, Yoga teacher, founded Degriefing®: Integrative Grief Therapy. Lyn trains, counsels and mentors internationally, working with loss of any kind. Lyn is a Certified bi-lingual Grief Counselor (John F. Kennedy University's Graduate School of Professional Psychology) and an ADEC Fellow in Thanatology, (death, dying, bereavement educator) with over 36 years experience in the field. See me on You Tube.

The **Degriefing Professional Mentorship Practicum** is an interactive experience:

- Builds upon the foundational premises of the Level I IGT Training, offering Degriefing Level II status
- Serves as a full spectrum immersion of "functional somatic thanatology" for accomplished practitioners to combine IGT with their present professional service
- Offers Degriefing: Integrative Grief Therapy skills to incorporate into your present work

Degriefing teaches the alchemical art of using our grief, **"as the most available, yet untapped, emotional resource for personal transformation."** The practicum is didactic and experiential. Expressive Arts media are vehicles for active, creative transformation. Students will skillfully observe, engage, integrate and successfully apply Degriefing verbal language skills, body language/facial reading for therapeutic service in person or on-line.

With personal, partner and group work, participants will build a foundation for combining body/mind rebalancing tools, emotional life skills specific to meet each person exactly where they are. Combining a diverse assortment of modalities demonstrating some of the many ways Degriefing works efficiently by re-defining our relationship to loss, observing the many faces of grief.

Each participant is allotted personal spotlight time to present an engaging case study to the group. Functioning as IDT: Inter Disciplinary Team: class members share their expertise, offer interactive analyses, promote brainstorming, assess differing opinions and integrate that which fits into their present service oriented role.

We will then, with group mind, create care plans for the main subjects (identified patients) in the case studies. Combining the forces of selected therapeutic arts promotes body-mind-spirit equilibrium.

Upon Completion: participants will be able to integrate Degriefing tools into their professional practice and:

- Address the psychological and somatic aspects of emotional and sexual abuse, physical and moral wounding
- Analyze Dual Process model
- Assess Expressive Arts tools and resources to serve you and your clientele
- Compare Intuitive/Instrumental grieving styles
- Compile Losses 2024: climate, human rights, trafficking, divorce, war, gun violence, suicide, bullying, politics
- Create rituals fueled by physical or emotional pain of a traumatic event or a vicarious loss
- Critique your Multi-Cultural Competence levels
- Demonstrate online Meaning Making: Opentohope.com, Death Cafés, groups, rituals
- Design a six-week self-care plan incorporating Expressive Arts modalities for yourself
- Explain Compathy: compassion/empathy fatigue, burnout, bereavement overload
- Discuss Solastalgia: global grief, impact of Covid's isolationism on mental health/anxiety
- Give examples: bereavement overload, cumulative/prolonged grief, ambiguous primary/secondary loss
- Identify information in: meta communications, triangulation
- Move with grief: physical activities for stress reduction, endocrine/autonomic nervous system toning, vagus nerve
- Participate in an Inter Disciplinary Team forum: analyzing healing applications for case studies
- Rate the effects of horizontal/vertical stressors in our daily lives
- Utilize Four Tasks of Mourning and Mediators of Mourning

Invited professionals: are working in the fields of traumatology, thanatology, psychology, social work, massage, physical, occupational, speech, aromatherapy, nutrition, nursing, birthing, hospice, End of Life care, education, addiction recovery, coaching, chaplaincy

Satisfy at least one qualification for admission into the Mentorship Practicum:

1. Completion of the Degriefing: Level I Certification Training
2. Experienced Degriefing personal counseling/mentoring for loss and grief with me
3. Attended a previous Degriefing training or related substantive educational seminars
4. Trained adjunct services professionals; request Zoom interview, submit written essay of intent, CV

TUITION is \$2250.00 usd (all training materials included). Lodging separate.

- Two Partial scholarships available.
- Live on the Peso?---let's talk!
- Certificate of Excellence awarded after successful completion of comprehension/application quiz
 - **20% Early Bird discount** ...Fully paid **by 8/10, 2024**
 - **15% Early Bird discount** ...Fully paid **by 9/10, 2024**
 - **10% Early Bird discount** ...Fully paid **by 9/30, 2024**
 - **20% Early Bird discount: Enroll in both events and save another \$300.00 usd**

“Lyn knows first-hand the depth of healing that grief calls for. She is committed to serving those in difficulty, she is a highly skilled worker.” *Stephen and Ondrea Levine*

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www.integrativegrieftherapy.com